



# ***Fort Carson Community Information Exchange***

***28 April 2011, 1800-1930  
Elkhorn Catering & Conference Center  
(As of 9/12/16)***

***Our Mission:*** *Provide mission support, services and quality of life programs to Fort Carson Soldiers, Families and community, enabling units to execute expeditionary operations while minimizing stress on Soldiers and Families in a time of persistent conflict.*



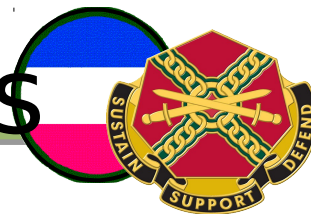
# CIE Agenda



- Call to Order
- Garrison Commander
- CG's Spouse & DCSM's Spouse
- Special Briefs
  - Parent to Parent (Ms. Lilla Newton)
- Organization/Agency Briefs
  - MEDDAC (MEDDAC Commander)
  - Unit Service Coordinators (Chief of ACS)
  - Strong Bonds Program (Religious Support Office)
  - Better Opportunities for Single Soldiers (BOSS) Update
  - Enlisted Spouse Charitable Organization
- Garrison Commander
  - Near Term Calendar Events
- Question & Answer Period with Gar Cdr (using 3 x 5 cards)



# Organizations/Agency Briefs



1

- EACH
- DFMWR
  - Marketing
  - Activities/Calendar
  - Business
  - Recreation
  - CYSS

2

- Army Community Service (ACS)

3

- Chaplain
- Directorate of Emergency Services (DES)

#

*indicates presentation*

4

- Warrior Family Community Partnership (WFCP)
- District 8 Schools
- Balfour Beatty
- AAFES
- Commissary
- Better Opportunities for Single Soldiers (BOSS)
- Enlisted Spouse Charitable Organization (ESCO)

5

Public Affairs Office (PAO)

Search Judge Advocate

"Best Hometown in the Army" Home of America's Best Post Office



# **COL Robert McLaughlin**

## **Garrison Commander**

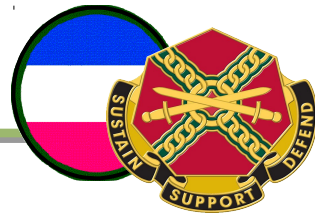
**(719) 526-5600**



# Garrison Commander



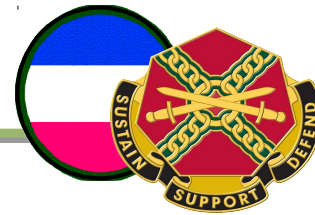
- Recent Community Initiatives
  - Child & Youth Symposium
  - Adopt a School
- IMCOM/AUSA Symposium
  - Army Community of Excellence (ACOE) Bronze Award Winner Fort Carson
  - ACOE Best Practice Winner (Soil Block Machine)
  - 1<sup>st</sup> Place Extra Large Installation BOSS Program
  - Fort Carson Selected as Net Zero Pilot Installation (Energy, Waste, & Water)
- Way-Ahead
  - USAG Personnel Restructure
  - Fundamentally different fiscal environment
- Ongoing Initiatives
  - Mountain Post Hero Series
  - Elkhorn Programming
  - Ute Hill Housing
  - Real Property Planning Board



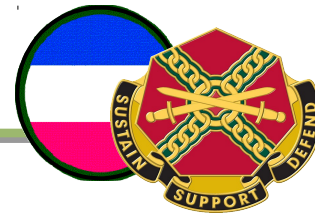
# CG Spouse & DCSM Spouse

***Getting Informed is a Proactive Sport***

## **Hail and Farewell**



# Special Briefs



Parent to Parent  
(719) 375-0548



# Tell Me A Story:

Making Connections and Finding Support through Literature

## TMAS Event Guest Reader:

**Mr. John Register**

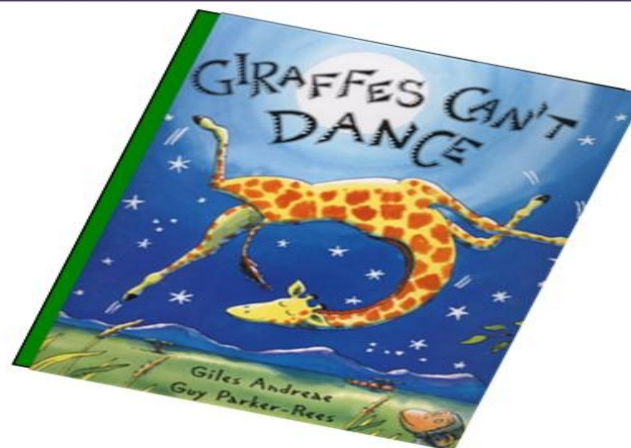
*Paralympic Silver Medalists and  
Motivational Speaker*



The Military Child Education Coalition's *Tell Me A Story: Making Connections and Finding Support through Literature (TMAS)* is an initiative created to empower our military children by using literature and their own stories. *Tell Me A Story* is geared toward children ages 4-12. Each family will receive a copy of the featured book. Hands-on activities, snacks, and a fun learning experience will be provided!

Questions about the MCEC Tell Me A Story Program? Contact Judy Glennon at 254.953.1923 or [Judy.Glennon@MilitaryChild.org](mailto:Judy.Glennon@MilitaryChild.org). To learn more about other MCEC programs and initiatives, visit

**[www.MilitaryChild.org](http://www.MilitaryChild.org)**



"... this is a story of celebrating the differences in us all!!"

## TMAS Event Book:

***Giraffes Can't Dance***

By Giles Andreae

**Sunday, May 15, 2011**

**2:00 -4:00 P.M.**



**FT CARSON SPECIAL EVENTS CENTER**

**ADMISSION IS FREE**

**but space is limited!**

Please reserve your space by  
Calling Ft. Carson Parent to Parent

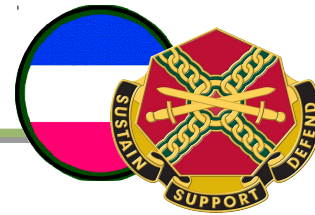
**719-375-0548**

emailing [PtoP.carson@MilitaryChild.org](mailto:PtoP.carson@MilitaryChild.org)

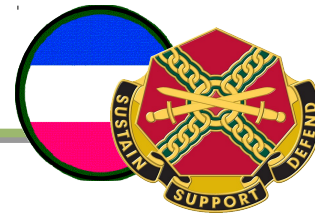


909 Mountain Lion Circle • Harker Heights, Texas 76548 • tel 254.953.1923 • CFC #10261

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# Organization/Agency Briefs



# **COL Jimmie Keenan**

## **MEDDAC**

**(719) 526-7500**

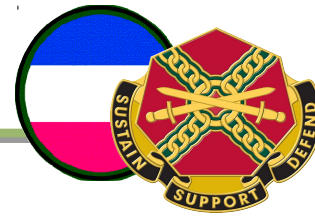


# EACH Spring Transitions



| CLINIC              | CURRENT LOCATION         | NEW LOCATION                        | OPEN DATE |
|---------------------|--------------------------|-------------------------------------|-----------|
| PEDS IMMUNIZATIONS  | 5000 2nd FLOOR           | SFCC LAB 1st FLOOR                  |           |
| CARSON CARE CLINIC  | EACH 3rd FLOOR WEST      | SFCC EVANS FAMILY MED CLINIC        | 21 MAR    |
| PHYSICAL EXAMS      | EACH 2nd FLOOR CENTER    | BUILDING 1056                       | 22 MAR    |
| MEB/VA/DES          | VARIOUS LOCATIONS        | BUILDING 5510 (Harr & Beacon)       | 22 MAR    |
| TRICARE SERVICE CTR | EACH ATRIUM, 2nd FLOOR   | EACH 1st FLOOR W. ENTRANCE, Rm 1101 | 8 APR     |
| PATIENT ADVOCACY    | EACH 1st FLOOR WEST      | EACH 1st FLOOR WEST, Rm 1301        | 5 APR     |
| ENT/AUDIOLOGY       | EACH 2nd FLOOR WEST      | EACH 1st FLOOR EAST                 | 14 APR    |
| INTERNAL MEDICINE   | EACH WEST TRAILER (7530) | EACH 1st FLOOR EAST                 | 3 MAY     |
| ALLERGY             | EACH WEST TRAILER (7530) | EACH 1st FLOOR EAST                 | 3 MAY     |
| DERMATOLOGY         | EACH 2nd FLOOR WEST      | EACH 1st FLOOR Center               | 3 MAY     |
| CARDIO/PULMONARY    | EACH 2nd FLOOR WEST      | EACH 1st FLOOR EAST                 | 4 MAY     |
| PAIN MGMT           | EACH 2nd FLOOR CENTER    | EACH WEST TRAILER 7530              | 10 MAY    |
| UROLOGY             | EACH 2nd FLOOR CENTER    | EACH WEST TRAILER 7530              | 10 MAY    |
| GEN SURGERY         | EACH 2nd FLOOR WEST      | EACH WEST TRAILER 7530              | 10 MAY    |
| EYE CLINIC          | EACH 2nd FLOOR WEST      | EACH 1st FLOOR CENTER               | 12 MAY    |
| OB/GYN              | EACH 2nd FLOOR EAST      | EACH 1st FLOOR WEST                 | 18 MAY    |

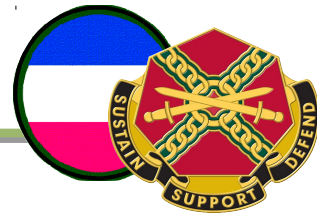
*"Best Hometown in the Army - Home of America's Best"*



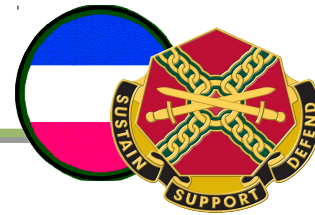
# Chief

## Army Community Service

(719) 526-0441



# Unit Service Coordinators



# Religious Support Office (719) 526-5279



# Strong Bonds

## *Building Ready Families*

Office of the Chief of Chaplains  
Soldier and Family Ministry Officer  
April 2011

***"Best Hometown in the Army - Home of America's Best"***



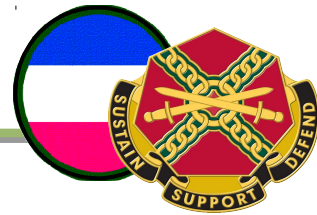
# What Is *Strong Bonds*?



- *Strong Bonds* is a skills-based relationship building program led by Army Chaplains.
- It is the Army's Chief of Chaplain program designed to assist commanders in building and strengthening the structure of Army Families.
- Unit ministries teams (UMTs) conduct specialized training during weekend retreats for single Soldiers, married couples, and Families.



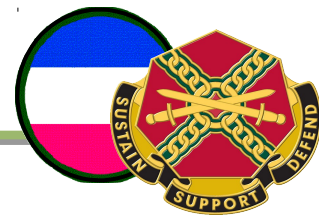
# Strong Bonds



- Curriculum/Training: The foundation is comprised of empirically based training materials from the most sought after and respected practitioners of relationship building programs.
- Trainers: Chaplains, chaplain assistants, and their spouses (*Strong Bonds* Volunteer Instructors) receive certification training in one of the approved curricula and conduct retreats Army-wide utilizing this material.
- Retreats: Provide a safe, secure environment to learn relationship skills and develop strategies to address the impact of repeated deployments, resiliency, and conflict. Each retreat is focused on one of four components.



# Four Components of *Strong Bonds*



## ***Strong Bonds - Singles***

Focuses on the skills of finding the right partner and building a great relationship.



## ***Strong Bonds - Couples***

Strengthens the marital bond, provides tools for better communication and relationship building.



## ***Strong Bonds - Families***

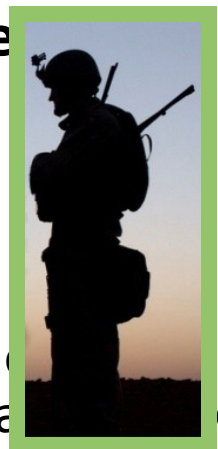
Teaches effective communication and listening skills to parents and children.



## ***Strong Bonds - Deployment (3 Components)***

- Pre-Deployment
- Families of Deployed
- Reintegration

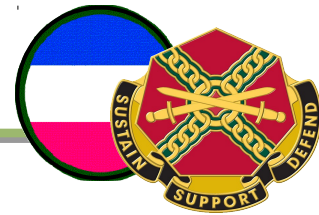
Identifies unique challenges since Soldiers, married couples, and Families will face and how to manage relationships.



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# Standardizing Strong Bonds



## Non-Negotiables

- Relationships strengthened by **skills-training**
- Training conducted in a **Retreat-Format** to reach a broad population, leveraging Army, Soldier, and Family systems to extend learning and normalize common challenges.
- Minimum: **12 Hrs** of Programmed Training
- Unit **Chaplains** conduct training, in partnership with other community providers: Builds connection to enduring resources
- Curriculum is **evidence-based**, validated and respected
- **Thorough leader training** through various means – live, manual, video, website
- **Specialized Modules** to Support Unique Situations (Deployment, Wounded Warrior, Family of Deployed Soldier)



# Strong Bonds

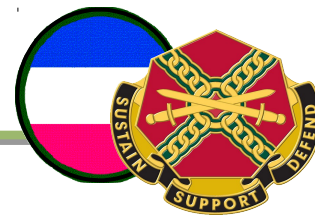
## *Expanding Impact*

| 1999                                                      | 2001                                | 2003                                           | 2004                               | 2005                      | 2007                                      | 2009                                            | 2010                                             | 2011 |
|-----------------------------------------------------------|-------------------------------------|------------------------------------------------|------------------------------------|---------------------------|-------------------------------------------|-------------------------------------------------|--------------------------------------------------|------|
| Divarty,<br>25 <sup>th</sup> ID<br>4 Events<br>90 Couples | 15 Bdes<br>60 Events<br>900 Couples | 39 Bdes<br>160 Events<br>3000+ Couples<br>\$1M | RC<br>Marriage<br>Weekends<br>\$5M | 18,000<br>Couples<br>\$6M | 1007 Events<br>35,000<br>Couples<br>\$17M | 2600 Events<br>160,000<br>Participants<br>\$60M | 4020 Events<br>353,913<br>Participants<br>\$100M |      |

- Commander's Program: Unit Based / Brigade Centric
- Supported by Chief of Chaplains Supplemental Funding
- Proven Effectiveness: Retreat-Based Training
- Spans Soldier-Family Life Cycle
  - Single Soldiers
  - Couples
  - Family Skills/Parenting
  - Pre-Post Deployment
- Linkage to Military-Community Family Support Programs (e.g., FRG, ACS, AFTB, AFAP)



**5,393 Events**  
**512,704**  
**Participants**  
**\$90M**



## Execution

:

## Strong Bonds Curriculum



### Approved Curriculum

|                                            |                                                        |
|--------------------------------------------|--------------------------------------------------------|
| Active Relationships                       | Premarital Interpersonal Choices and Knowledge (PICK)  |
| Couples Communication I & II               | Prevention and Relationship Enhancement Program (PREP) |
| Eight Habits of Highly Successful Families | Seven Habits of Highly Effective Families              |
| Five Love Languages                        | Seven Habits – Single Soldiers                         |
| Got Your Back                              | Strong Bonds - Predeployment                           |
| Laugh Your Way to a Better Marriage        | Strong Bonds – Families of Deployed                    |
| Marriage LINKS                             | Strong Bonds – Reintegration                           |



## Execution: Program Standards



09-2380-shell.tif

| Event                           | Programmed Time | Curriculum Hours | Overnight Excursion |
|---------------------------------|-----------------|------------------|---------------------|
| Singles                         | 10 hours        | 5 hours          | Yes                 |
| Couples                         | 12 hours        | 6 hours          | Yes                 |
| Families                        | 10 hours        | 6 hours          | Yes                 |
| Pre-Deployment<br>(FY11 Change) | 12 hours        | 6 hours          | Yes                 |
| Families of<br>Deployed         | 10 hours        | 6 hours          | Yes                 |
| Reintegration                   | 12 hours        | 6 hours          | Yes                 |



# *Strong Bonds Areas of Emphasis*



- Logistics delivery through enterprise contract and FMWRC
- Title 10 defines audience: Active Army or Reserve in Active status, immediate Family members (spouse, children), Chaplain-led, relationship strengthening
- MOI defines boundaries: no civilians; no diluting focus and intent
- Research validated – right content (NIH funded PREP research), right dosage and incentive.



# WWW.STRONGBONDS.ORG

THE ARMY STRONG BONDS PROGRAM

Login | Registration

[Home](#) [Events](#) [News & Media](#) [Unit Ministry Team](#) [Program Overview](#)

## STRONGER RELATIONSHIPS MEAN A STRONGER ARMY



**Strong Bonds** is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.



## Find an Event



### News



#### What is Strong Bonds?

Strong Bonds is a chaplain-led program for commanders which builds relationship resiliency. The Strong Bonds mission is to increase Soldier and Family readiness through relationship education and skills training.

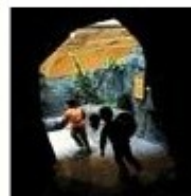
[...Read more](#)



#### Strong Bonds Builds Better Marriages

On Feb. 25, Soldiers and Family Members of 3rd Battalion, 69th Armor Regiment and 3rd Brigade Support Battalion, gathered at Fort Stewart's Main Post Chapel for the first part of the three-day Strong Bonds Marriage Retreat, sponsored by the Army Chaplains Corps.

[...Read more](#)

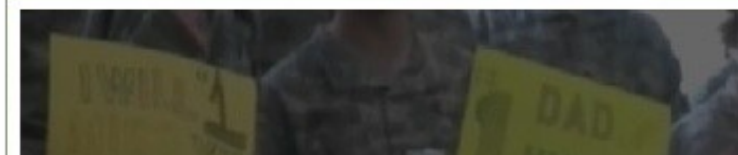


#### Retreat Offers Single Parents Quality Time with their Children

Sergeant William Smith plays many roles in his life, but he considers being a father the most important. It is also the most challenging.

[...Read more](#)

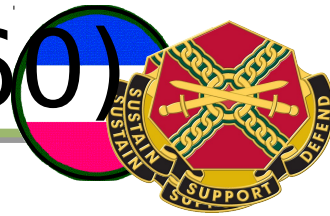
### Strong Bonds Video Links



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# Religious Program Events (+60)



- **Mother's Day Celebrations**

Sunday, 8 May, all regular chapel services

- **Children in the Middle**

Tuesday, 17 May, 1200 - 1600, SMC. Family Life Chaplain program for divorced or separating parents, lunch provided. 526-6917

- **Vacation Bible School**

13-17 June, 0900-1200, SMC. Registration required, volunteers needed, child care provided for volunteers. POC - 526-5744/526-2458

- **Summer Christian Kids Club**

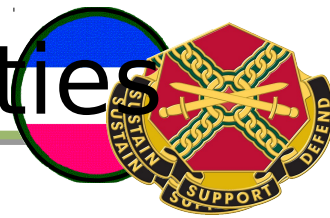
Tuesdays, 21 June - 2 August, 0830-1200 SMC. VBS-type program for kids K-5<sup>th</sup> grade, registration required, lunch provided. POC -526-5744

- **Military Family Camp**

29 May-4 June/7-13 Aug, Young Life Trail West camp. On-line application required, reservation fee, limited enrollment. POC -526-5279



# Ongoing Religious Program Activities



- **Protestant Women of the Chapel (Nursery Care!!)**

Tuesdays, SMC 0930-1130 (meets thru summer)

- **Jewish Lunch and Learn Study**

Wednesdays, Provider, 1200-1300

- **Spouses of Deployed Soldiers Ministry \*(NEW!)\***

Wednesdays, SMC, 1700

- **All Faiths Youth Ministries Bible Study**

Wednesdays, SMC, 1830

- **Community Prayer Lunch**

Third Thursday monthly, SMC, 1200-1330

- **Club Beyond, (20 May Final)**

Thursdays, Middle School, 1545-1645  
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# Ongoing Religious Program Activities



- **AWANA**

Thursdays, SMC, 1730-1900 **(19 May Final)**

- **Spanish Bible Study \*(NEW!)\***

Thursdays, SMC, 1800

- **Military Council of Catholic Women  
(Nursery Care!!)**

Fridays, SMC, 0900-1100 (meets thru summer)

- **Gospel Women's Fellowship**

2nd Saturdays, Prussman Chapel, 0900

- **All Faiths Chapel Youth Group**

Sundays, SMC, 1430-1630

- **Catholic Youth Ministry (Soldiers of Christ)  
\*(NEW!)\***

Sundays, SMC, 1200-1330



# Better Opportunity for Single Soldiers (BOS) (719)524-2150

# Up & Coming

**BOSS**

## Events

- |                             |                              |                                       |
|-----------------------------|------------------------------|---------------------------------------|
| <b>•28<sup>TH</sup> APR</b> | <b>BOSS Bowling Night</b>    | <b>6-9pm@BowlingCenter</b>            |
| <b>•1<sup>ST</sup> MAY</b>  | <b>BOSS C/S Tours</b>        | <b>12pm@USO</b>                       |
| <b>•4<sup>TH</sup> MAY</b>  | <b>BOSS Meeting</b>          | <b>10am@Foxhole</b>                   |
| <b>•14<sup>TH</sup> MAY</b> | <b>Free Transportation</b>   |                                       |
|                             | <b>to Sky Sox Baseball</b>   | <b>4pm@Sky Sox Field</b>              |
| <b>•18<sup>TH</sup> MAY</b> | <b>BOSS Meeting</b>          | <b>10am@Foxhole</b>                   |
| <b>•26<sup>TH</sup> MAY</b> | <b>BOSS Bowling Night</b>    | <b>6-9pm@Bowling Center</b>           |
| <b>•29<sup>TH</sup> MAY</b> | <b>Rockies Baseball Trip</b> |                                       |
|                             | <b>(Signup May 3@ ITR)</b>   | <b>11am@HUB</b>                       |
| <b>•1<sup>ST</sup> JUNE</b> | <b>BOSS Meeting</b>          | <b>10am@Outdoor Recreation Center</b> |
| <b>•5<sup>TH</sup> JUNE</b> | <b>BOSS C/S Tours</b>        | <b>12pm@USO</b>                       |
| <b>•9<sup>TH</sup> JUNE</b> | <b>Free Transportation</b>   |                                       |
|                             | <b>to Sky Sox Baseball</b>   | <b>6pm@Sky Sox Field</b>              |

### BOSS Office :

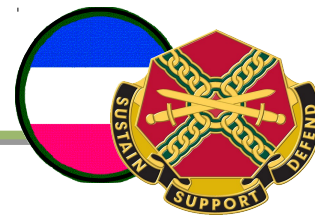
Loc: The HUB Bldg 1532, Rm 106  
Phone:(719) 524-2677 (BOSS)

### BOSS Meetings:

Always the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday  
Of Every Month, Locations Very!



# Enlisted Spouse Charitable Organization



Come and find unique decorating  
and gift items

from local vendors and crafters at

**ESCO CRAFT FAIR**

**30 April 2011**

**10 am - 3 pm**

**Fort Carson Special Events Center**

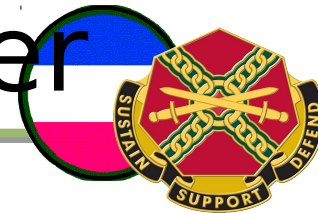
Entrance fee of ~~\$2.00~~ **(SEC)** or Coat Donation.

Proceeds go back to the Fort Carson Community

For **VENDOR** and **CRAFT FAIR** Questions please contact The Craft Fair  
Chairperson at 719-351-3970 or [ESCOCraftFair@gmail.com](mailto:ESCOCraftFair@gmail.com)

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# Fallen Heroes Family Center



## ESCO May Membership Meeting

**Date: 11 May 2011**

**Time: 6:00pm**

**Location: 6990 Mekong St.  
Fort Carson**



The Fallen Heroes Family Center provides long-term services to Families of Fort Carson Soldiers who have fallen in combat.

Join us in a tour of the facility - see the Serenity Garden, a symbolic sanctuary where families can go to heal.

### **This Facility Provides:**

- Resources for families who have lost a loved one.
- A place to call home as they heal from the loss of a loved one.
- Services for benefits and entitlements, financial counseling, a military-life consultant, chaplain support/assistance, support groups and classes, and survivor-focused special events.

**POC:**

**[esco\\_carson@yahoo.com](mailto:esco_carson@yahoo.com)**

***"Best Hometown in the Army - Home of America's Best"***



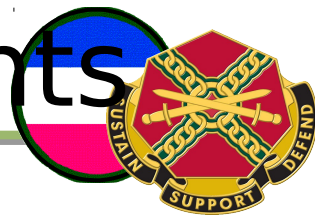
# **COL Robert McLaughlin**

## **Garrison Commander**

**(719) 526-5600**



# Near Term Key Calendar Events



- 4 May: Camp Fort Carson @ Iron Horse Park & other locations, 1000-1400
- 5 May: Chippewa Village Ribbon Cutting, 1000-1030
- 5 May: Community Partnership Town Hall @ Crown Plaza, 1530-1800
- 6 May: THRIVE Fair @SEC
- 7 May: Semi-Annual Post Yard Sale, 0800-1700
- 7 May: Girls Night Out “Camo & Pink” @ SEC, 1800-2200
- 8 May: Mother’s Day Brunch @ the ECC, 1000-1600
- 14 May: Sky Sox Military Appreciation Day, 1800-2100
- 24 May: Fort Carson Community Town Hall @ McMahon Theater, 1800-1930
- 26 May: Mountain Post Warrior Memorial Ceremony @ Gate #1
- 2 Jun: CIE @ SEC, 0930-1100
- 8-10 Jun: Iron Horse Days
- 18 June: Army Ball @ Crown Plaza, 1730-2200

**Complete MWR events calendar at**

*Best Hometown in the Army - Home of America's Best*

[www.mwrfortcarson.com/](http://www.mwrfortcarson.com/)



# Discussion & Questions



**NO CIE IN MAY**  
**Next CIE: 2 June 2011**  
**0930-1100**  
**Special Events Center**

## Future CIE Dates

- 30 June (0930-1100) @ the Hub, Building # 1532
- No meeting in July